



Bicycle Safety

Bicycling can be fun and a great form of exercise! Follow these tips to keep you in tip-top shape.

1 - Always wear a helmet

Helmets are just as important as safety belts and child safety seats. They must be used every time regardless of how long or short the trip is.

- When buying a helmet make sure it is certified. Look for the Snell Foundation or ANSI Z90.4 sticker.
- Remember: in order for a helmet to work properly, it must fit properly.

How to Fit a Helmet

- A helmet should fit snugly on the top of the head. Most helmets come with adjustable padding to achieve the best fit.
- The "V" part of the chin straps should fit snugly with the "V" coming together right below the earlobe.
- The front of the helmet should be about two finger widths above the eyebrows.
- You should be able to fit one finger between the chin strap and under the chin.
- The best way to test if your helmet is fit right is to shake your head forward and back. The helmet should stay in place.

2 - Be predictable

- Obey traffic signs and signals
- Never ride against traffic
- Use hand signals
- Ride in a straight line
- Don't weave between parked cars
- Ride in the middle of lane in slow traffic
- Follow lane markings
- Choose the best and safest way to turn left
- Don't pass on the right
- Go slow on sidewalks

3 - Be alert

- Watch for cars pulling out
- Scan the road behind
- Avoid road hazards
- Keep both hands ready to brake
- Watch for chasing dogs